



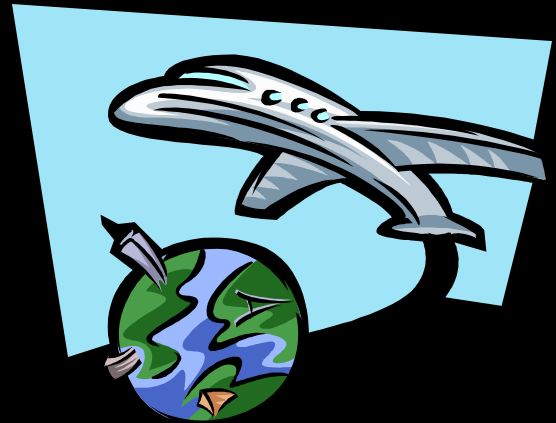
Health Promotion - Where Do We Fit In?

This briefing is
UNCLASSIFIED

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TURNing IN THE RIGHT DIRECTION



**The AFMS has refocused
. . from Individual Health
to Population Health and**

PREVENTION

AFMS Strategic Initiatives





PRIVILEGE AND PLEASURE

It Is Our **Privilege** to Serve in the Defense of Our Country

It Is Our **Pleasure** to Serve Our Great American Patriots in Peacetime Health Care and Keep Our Great “Heritage of Health”



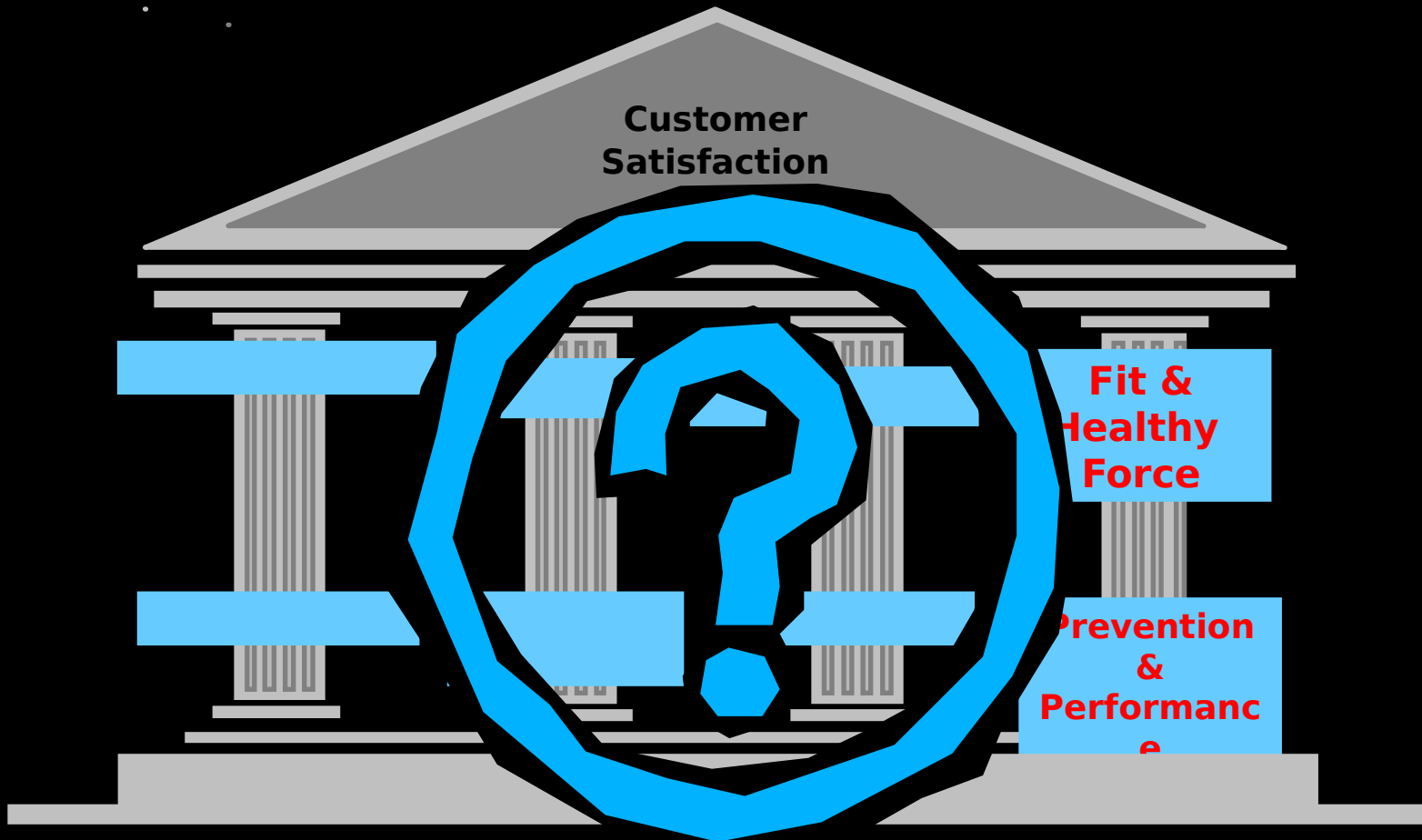
RELEVANT AND REASONABLE

We must be *Relevant* to our Country in every aspect possible.

Our cost must be *Reasonable* as good stewards of the Taxpayers' money and for the sake of Our Great American Patriots



Strategic Initiatives



AFMS Strategic Goals



Fit and Healthy Force (Prevention & Performance)

- 1. Embed wellness in the Air Force way of life.**
- 2. Deliver evidence-based preventive services in an integrated community-wide fashion.**
- 3. Assure individual medical readiness.**
- 4. Provide occupational and community health, ensuring cost-effective risk assessment and abatement.**
- 5. Advocate and realize optimal human performance enhancement for all mission personnel.**



ACC/SG Priorities

- **Primary Care Optimization (PCO)**
- **Aerospace Expeditionary Force (AEF)**
- **Metrics**

***SoWhere does
Health Promotion
Fit ?***



Some thoughts.



Some of the Current Issues for Health Promotion

- **Frequently undervalued by MDG**
 - **Privilege**
 - No true readiness mission
 - Seen as fitness assessment and weight management only
 - **Pleasure**
 - Competes with assets for PCO
 - Resources “robbed” to pay for
 - No immediate return on investment
 - Often perceived as “nice to have”





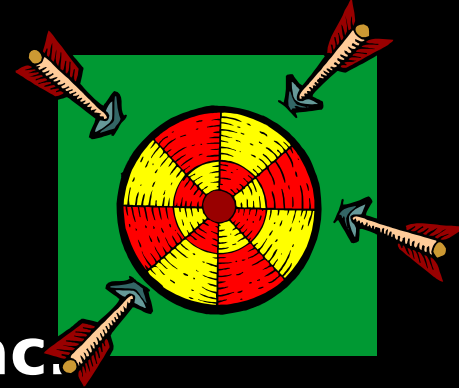
Some of the Current Issues for Health Promotion

- **Lack of consistency in HP programs**
 - **Temporary duty**
 - **Officers: - 2 assignment max**
 - **Enlisted - often even less**
 - **Corps neutral**
 - **No consistent skill set**
- **No official training program**
 - **Cooper Course**
 - **Not AF focused**
 - **Often delayed**





Some of the Current Issues for Health Promotion

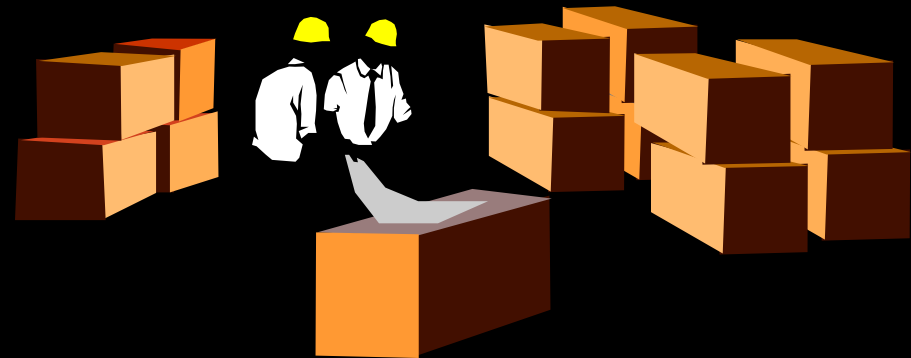


- **HP programs not data-driven**
 - **Often a shotgun, superficial approach.**
 - **Because we can. . .not because it is the right thing to do**
 - **Often individual patient focused**
 - **Minimal impact from, health fairs, screenings, microfit testing, fun runs, etc.**



Health Promotion Re-Engineering Process

- **Identify the Mission**
 - What should we be doing?
- **Identify the Needed Resources**
 - Build PAA Model
- **Develop an Action Plan**
 - Charter an IPT
- **Communicate/ Market**





Health Promotion Mission Re-Engineering Objectives

- Enhance Value to AFMS and LAF
- Build Forward Deployment Capability
- Provide Training
- Improve Program Consistency





Educational Needs

Behavioral Risks	Both	Disease/Condition-Based
Tobacco	Nutrition	Asthma
Stress	Fitness	Diabetes
Alcohol	Cardiovascular	Pre-Natal
Multiple Risks	Wt Management	Hypertension
	Hyperlipidemia	Back
	Cancer	
	Sexual Behavior	





Who Does this?



- **Health Educators (Usually a Nurse)**
- **FPM**
- **Diet Therapy (Officer/Enlisted)**
- **Other? 3A, additional local requirements**
- **Links to**
 - **Life Skills (PCM-based)**
 - **IDS team members**
 - **HCI's, PCM Nurses**
 - **Public Health**
- **Flight/Element Commander is Senior Officer**
 - **Not an additional authorization**



HP in a Deployed Location?

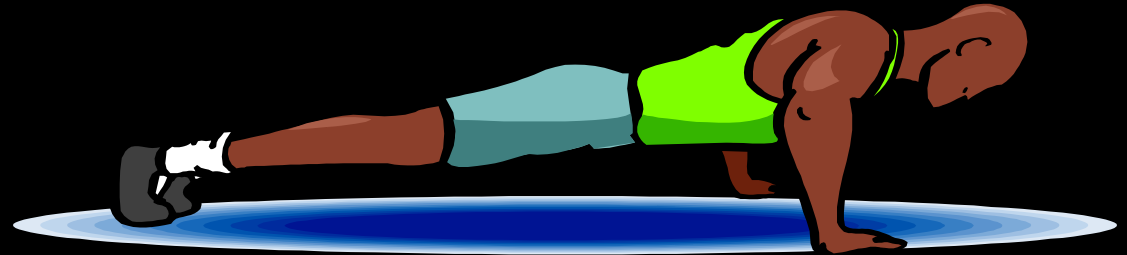


- **What happens to AD members when they deploy?**
 - **Behavioral risk factors are greatly magnified**
 - **Nutrition, Stress, Smoking, Alcohol, Safety, Fitness**
 - **Support of ongoing lifestyle changes stops**
 - **HP does not deploy!**



Will Continue To Support LAF Programs

AF Fitness Program



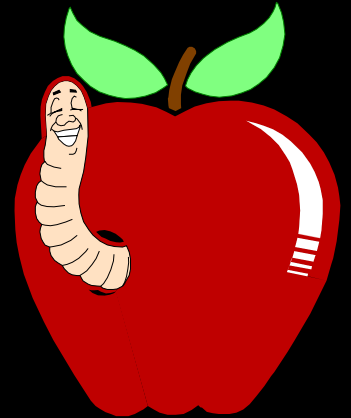
WBFMP



Refocus Primary/Secondary Prevention

Health Education

- Primary
 - Awareness
- Secondary
 - Risk-Based
- Target activities to be data-driven and cost effective





Enhance Involvement with PCO and MTF Provider

Must expand our role in tertiary prevention education



Coordination of condition/disease education

Work with HCIs, PCO teams

Referrals



Increase Community Health Role

IDS

Worksite/community/etc





Increase Community Health Role

Build capability for deployed HP

So, there do we begin

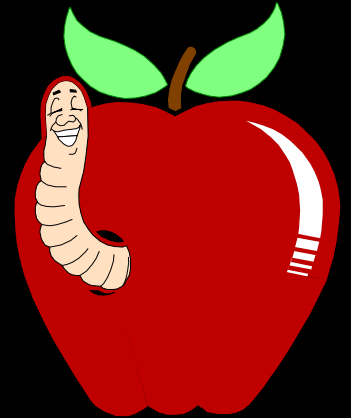




Health Promotion Plan

HP Formal Course

- Population Health
- Program Planning
- Staff roles established
- Training requirements/CEUs, certifications, etc
- Manning (AD and MAE driven)
- IDS
- Special Populations





METRICS WEBSITE

<https://www.afchips.brooks.af.mil/main.htm>

www.sg.langleys.af.mil/CustSat/CustSatSurv1.htm

<http://p2r2.usafsg.bolling.af.mil/dc/afmsmetrics/shortstart.cfm>

<https://phsd.afms.mil/ophsa/>

<https://phsd.afms.mil/phso/>



Medical Group

Community

PCO

Line Programs

IDS



**We Will Get
There**



GROUP ACTIVITY

**Take a program in your HAWC and develop a
Primary, Secondary and Tertiary Prevention
Plan**

Must be population health focused!